



**Directorate of Students' Welfare**  
**Guru Gobind Singh Indraprastha University**  
Sector-16 C, Dwarka, Delhi-110078 Website: <http://www.ipu.ac.in>

## **OBSERVANCE OF INTERNATIONAL DAY OF YOGA ON JUNE 21, 2020**

International Day of Yoga is celebrated all over the world every year on June 21 after a historic declaration by United Nations General Assembly (UNGA) to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health.

In this regard, a letter bearing number 16011/42/2019-YN dated June 08, 2020 has been received from Director, Ministry of Ayurveda, Yoga & Naturopathy Unani Siddha, Sowa-Rigpa & Homeopathy (AYUSH) regarding observance of International Day of Yoga on June 21, 2020 (Sunday). Due to the outbreak of COVID-19 Coronavirus pandemic, this year the Ministry has urged the people to learn and collectively doing Yoga at 07.00 AM on June 21, 2020 (Sunday) from the safety of their homes and thereafter regularly practicing at home. The Ministry has attached various digital resources along with the guidelines to learn and disseminate information on Yoga.

All the Deans/Directors/Principals of University Schools of Studies (USS)/affiliated Institutes are requested to sensitize the faculty and the students of their respective USS/Affiliated Institute to observe the International Day of Yoga from their homes. Kindly record the participation in the proforma given on Annexure 4 and forward to the Directorate of Students' Welfare by June 24, 2020 (Wednesday) at [dswwgsipu@gmail.com](mailto:dswwgsipu@gmail.com) so that the same can be compiled and forwarded to the Ministry at the earliest. The relevant annexures are attached.

-Sd-  
**(Prof Manpreet Kaur Kang)**  
**Director**

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Institutes with the request to inform all the students and faculty members of their respective School/Institute
2. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
3. AR to Registrar for kind information of Registrar
4. Head UITS with the request to please upload on the University website.

-Sd-  
**(Rajesh Sharma)**  
**Assistant Registrar**

The following guideline provide steps that can be undertaken to promote IDY 2020 and encourage people to do Yoga from Home, especially at 7 am on the 21<sup>st</sup> June, 2020.

(These are suggested steps which should be considered in addition to specific communications sent by the Ministry of AYUSH)

The corona crisis has offered an opportunity for the people to explore the true benefits of yoga this year. The prime Minister in his 65th Mann ki Baath program on 31st may 2020 said that “Yoga has assumed importance across the world and people who were not aware of it have also started learning it. During the corona crisis, people in Hollywood to Haridwar have become conscious of the benefits of Yoga. Sitting at their homes, people are learning about Yoga”. Yoga is good for community, immunity and unity. He further added that in times of corona crisis, its importance has increased as Yoga is mainly about strengthening the respiratory and immune system. Unlike the previous years this year the IDY is being done in the confines of your home. You may involve your family in the practice of Common Yoga protocol during IDY on 21st June 2020 between 7am to 7.45am.

IDY-2020 presents an occasion for all the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among their students/employees/staff. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well being. Each Student/Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the students/employees/staff and induct them into the blissful world of yoga:

- This year's IDY will be observed around the themes Yoga @Home and Yoga with family.
- Institutions are requested to issue internal guidelines within their organization/offices giving the background of the observation of International Day of Yoga (IDY)-2020.
- Efforts may be taken to organize Yoga related activities such as online lectures, workshops etc. by Yoga experts, starting 1 week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2020.
- Since the focus of IDY would be on individual and family yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee/staff with CYP. Organising of training programmes of 15 day duration (one hour per day) on CYP and ensuring participation using social distancing norms is recommended. Alternatively Ministries can disseminate the videos of common yoga protocol that is in Youtube and yoga portal.
- The Common Yoga Protocol shall be performed individually or with family within the confines of their homes on 21st June, 2020 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga.
- Institution may strive to distribute Yoga attire, Yoga Mats, Caps etc. duly having the logo of IDY to their students/employees/staff and encourage everyone to practice and adopt Yoga.

- Some competitions on Yoga-theme may also be organized to create interest among the students/employees.
- Institution may arrange a live screening of Doordarshan's national telecast related to International day of Yoga on 21st June, 2020, to foster the sense of participating in the nation-wide yoga movement.
- Banners/ Cut outs on IDY - 2020 may be displayed at vantage points.
- Institution can display Yoga Charts and standees inside their offices.
- If the Institution is having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- Institution may encourage their students to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage their students to participate in the online video contest (My Life- My Yoga) conducted by CCRYN, Ministry of AYUSH and ICCR. One can find the guidelines and competition details in the yoga portal of Ministry website.
- Organise Yoga lectures, webinars on health in association with NGOs involving Yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the pandemic— especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers.
- Institution may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June, 2020.

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Annexure 2: Sample letter, email, and message

## Letter: I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry's Social Media Platforms as well as partner TV Channels. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made available on these channels as we approach the IDY. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use the attached resources in preparing yourself and your family for IDY 2020.

If you are already trained in CYP, please start teaching the same to your family members.

As June 21<sup>st</sup> is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21<sup>st</sup> June 2020.

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## Email: I want to be a part of IDY -2020. What should I do?

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## Message (Text/Whatsapp)

Stand in solidarity with everyone by doing Yoga@Home on the 21<sup>st</sup> of June.

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Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details and find training resources here.

As June 21<sup>st</sup> is just a few days away. Prepare yourself and be there to do Yoga with the world.

See you at 7.00 AM on 21<sup>st</sup> June 2020.

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### International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages

S. No	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019   Common Yoga Protocol - HINDI	<a href="https://www.youtube.com/watch?v=wgjZ_LyNLRw">https://www.youtube.com/watch?v=wgjZ_LyNLRw</a>
2.	International Day of Yoga 2019   Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=ijJQAw_XO8">https://www.youtube.com/watch?v=ijJQAw_XO8</a>
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=oUIZzBbXz_U">https://www.youtube.com/watch?v=oUIZzBbXz_U</a>
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=06h8PrIOn3Y">https://www.youtube.com/watch?v=06h8PrIOn3Y</a>
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3e">https://www.youtube.com/watch?v=x_d3Ay7iy3e</a>
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOd_Y">https://www.youtube.com/watch?v=LK4ZoeTKOd_Y</a>
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>

16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>
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### Links of Ministry of AYUSH Website, Social Media Handles & Institutes

S.No	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of AYUSH	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of AYUSH – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
4.	Ministry of AYUSH – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
5.	Ministry of AYUSH – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
6.	Morarji Desai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
7.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
8.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>
9.	Shri Ambika Kutir	<a href="http://www.ambikayogkutir.org">www.ambikayogkutir.org</a>
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	<a href="http://www.parmyoga.org">www.parmyoga.org</a>
11.	Sri Sri School of Yoga	<a href="http://www.srisrischoolofyoga.org">www.srisrischoolofyoga.org</a>
12.	The Yoga Institute	<a href="http://www.theyogainstitute.org">www.theyogainstitute.org</a>
13.	Patanjali Yogpeeth (Trust)	<a href="http://www.divyayoga.com">www.divyayoga.com</a>
14.	Swami Vivekananda Yoga Anusandhanasamsthana (S-VYASA)	<a href="http://www.svyasa.edu.in">www.svyasa.edu.in</a>



S.No	Ministry of AYUSH/ Institutes	Website Links
15.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	<a href="http://www.kdham.com">www.kdham.com</a>
16.	Krishnamacharya Yoga Mandiram	<a href="http://www.kym.org">www.kym.org</a>
17.	Yoga Vidya Gurukul	<a href="http://www.yogavidyagurukul.org">www.yogavidyagurukul.org</a>
18.	Dev Sanskriti Vishwavidhyalaya	<a href="http://www.dsvv.ac.in/">http://www.dsvv.ac.in/</a>
19.	Hata Yoga Abhyaasa and Prachaara Trust	<a href="http://www.a1000yoga.com">www.a1000yoga.com</a>
20.	Yoga Niketan Trust	<a href="http://www.yoganiketan.org">www.yoganiketan.org</a>
21.	Lovely Professional University	<a href="https://www.lpu.in/">https://www.lpu.in/</a>

